



2016 Suicide Awareness Month

“BE There...”



WHO: All Active Duty Army, Army Reservist, Army National Guard, Department of the Army Civilians, as well as interested family members/other service branches.

WHAT: Fort Meade will host a series of events throughout the month of September which is designated as suicide awareness month. These programs will be in partnership with other Garrison organizations to raise community awareness about suicide. Programs will also help to promote a better understanding of individuals contemplating suicide or self-harm.

WHEN:

September 1-2, 2016 “Illuminate the Night” This program is sponsored Fort Meade Garrison (FGGM) and Navy Fleet and Family Service Center.

The program is a family-friendly community event to include an illumination ceremony for remembrance (candlelight) for those who have lost loved ones to suicide, and survivors sharing their message of hope.

Information booths - table displays-- community resources --music --food trucks --local vendors -- music --give-a-ways

Date/Time: 1 September Opening Ceremony @ 1700 / Walk begins @ 1737 (Sunset) / 2 September Closing Remarks @ 0637 (sunrise)

Location: Gaffney Track, Fort Meade

September 20 & 21, 2016 Applied Suicide Intervention Skills Training (ASIST) (2- day workshop/ 14 training hours) Students learn specific skills to identify those at risk, and to better listen to and care for those having thoughts of suicide. Gatekeepers will learn safe methods of suicide prevention first aid. Registration is required. **Location:** Calvary Chapel (8465 Simonds St & 6th Cavalry) on Fort Meade @ 0820 - 1600.

September 16, 2016 Baltimore VET Center Tour Fort Meade Museum

FGGM welcomes area combat Veterans from the Baltimore VET Center for a guided tour of our museum as part of the prevention outreach program. Educate veterans on the risk factors of suicide and stigma associated with mental health issues and military “shame” surrounding PTSD. Address the public outcry of reports that every day 22+ Veterans & 1 Active Duty Soldier take their own lives. Presentation provided by our Guest Speaker from International Critical Incident Stress Foundation. Light Refreshments will be served. Venue Address: Fort Meade Museum, 4674 Griffin Avenue Griffin Ave, Fort Meade, MD 20755. Program begins @ 1000 and ends at 1200.

WHY: To engage and support the FGGM Garrison community with suicide prevention events and trainings to build a suicide-safer community.

WHAT: WE ARE ASKING FROM COMMAND GROUP: Support Suicide Awareness Month by attending Opening Ceremony on the first day of September @ 1700, and to encourage attendance from the FGGM Garrison community to all events. Please direct interested partners to call:

Torrie Osterholm, MSS, LCSW-C FGGM/ Suicide Prevention Program Manager @ 301-677-6541.